**Do's and Don'ts of Pregnancy**

Use the Internet to find out what current research says about each topic listed below, be specific with your response indicating **why it is recommended or not! Meaning…what harm will it cause to the fetus if it is NOT recommended OR how does it help the unborn baby if it is recommended.**

A. Drinking Alcohol:

B. Using Tobacco Products:

C. Consuming Folic Acid:

D. Drinking Caffeine:

E. Dyeing Your Hair:

F. Live-Virus Vaccines:

G. Cleaning up Cat Litter Box:

H. Going in a Hot Tub:

I. Eating Soft Cheeses(feta, goat):

J. Exercising:

K. Riding a Rollercoaster: